



# WIC Informer

## Pregnancy

Exercising while pregnant can be safe and results in improved health for both mom and baby. A woman should always discuss exercise plans with her doctor before beginning exercise during pregnancy.

Benefits of exercise include improved cardiovascular function, less weight gain, lower blood pressure, improved mood, easier and less complicated labor, quicker recovery, and improved fitness. Possible ways to exercise during pregnancy include walking, participating in a prenatal exercise class (sometimes offered at the YMCA, fitness clubs or hospitals) or exercising with a prenatal yoga videotape or low impact aerobics videotape.

## Breastfeeding

Introductory and free Breastfeeding classes are available at CDHD WIC. Also manual breast pumps are available to WIC clients returning to work or school. To schedule an appointment, please call the WIC Receptionist at 327-7488 in Boise, 587-4409 in Mountain Home or 634-7194 in McCall to leave a message for WIC staff.

If you are unable to come to a WIC Breastfeeding class, the following are available in the community:

### Bosoms, Babies & Bonding - Breastfeeding Support Group

For parents and their babies. Topics include: Latching On, Prevention/ Management of Sore Nipples, Prevention/ Management for Engorgement, Pumps & Products-are they necessary?, Dads & Breastfeeding; Social Pressure (why isn't it easy?); Introduction of a Bottle; Beginning Solids and Juice; Nursing the Older Child; When to Wean.

*The USDA is an equal opportunity provider and employer.*

For more information call: 367-7380 – the class is FREE

**Beginning Breastfeeding** - For non-Childbirth Preparation Class enrollees. For parents who have questions and concerns about breastfeeding their newborn. Learn how you can get your baby off to a good start and avoid common problems. Successful breastfeeding often depends on the help and encouragement you receive, therefore, we recommend you bring your support person with you.

For more information and to register call My Saint Als at 367-3454 or 1-800-322-9549. - Cost: \$15

**St. Luke's Regional Medical Center:** St. Luke's has a number of classes available and does not charge for any breastfeeding class. Call 381-1200 for class time and to register.

## Toddler / Child

### All Kids Need

A Peaceful Home ♥ Acceptance ♥ Art, Dance, Music & Drama ♥ Bedtime Stories ♥ Caring Adults ♥ Celebrations ♥ Communication ♥ Community ♥ Compliments & Praise ♥ Discipline ♥ Education ♥ Encouragement ♥ Family ♥ Forgiveness ♥ Freedom for Creativity ♥ Imagination ♥ Gentleness ♥ Goals ♥ Good Medical Care & Treatment ♥ Healthy, Nutritious Foods ♥ Healthy Self Esteem & Self Worth ♥ Help with Homework ♥ Honesty & Integrity ♥ Hope for a Bright & Beautiful Tomorrow ♥ Hugs ♥ Individuality ♥ Joy & Laughter ♥ Kindness ♥ Life Skills ♥ Listening ♥ Motivation ♥ Mourning Losses ♥ Nature ♥ No Abuse, Insult, Neglect, Maltreatment or Manipulation ♥ Non-Judgmental Validation of Emotions & Feelings ♥ Nurture ♥ Opportunities for Exploration & Discovery ♥ Opportunities to Make Mistake, Fall & Get Back Up ♥ Patience ♥ Personal Space & Privacy ♥ Play ♥ Positivity ♥ Protection ♥ Quality Time ♥ Quiet Time

♥ Respect ♥ Responsibilities & Rules ♥ Role Models & Ethical Heroes ♥ Safe, Secure Homes & Schools ♥ Spirituality ♥ Sports & Exercise ♥ Structure & Order ♥ Sufficient Sleep ♥ Support & Togetherness ♥ Tolerance & Understanding ♥ Toys & Treats (but not too many sweets) ♥ Trust ♥ Unconditional Love ♥ Values, Ethics & Character ♥ Wholesome Friends ♥ X-tra Loving & Attention ♥ Yes more than No ♥ Zany Zebras with Purple Polkadots & Lots of other Silly Things to Laugh About Together!

*From the book "Jimmy's Guide to All Kids Needs"*



## Empowering Children

All young children need to be empowered. In other words, they need to feel valued and valuable. Here are ideas on how to empower your child.

### Age 0-1:

- Realize that babies don't manipulate adults
- Respond immediately to their cries and needs

### Age 1 – 2:

- Ensure safety by childproofing your home. Get down on your hands and knees and crawl around so that you can see potential danger at their eye level.
- Start teaching your child to do simple tasks at home such as putting a toy away in a toy box or picking up socks.

*Cont...*

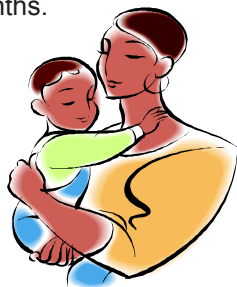
**Age 3-5:**

- Allow your child to make simple choices, such as whether to wear red socks or black socks.
- Teach your child basic safety rules, such as never touching poisons and always sitting in their booster seat or wearing their seat belt.

**Boise WIC Clinic**

The Boise WIC Clinic still has a waiting list for children age 1 – 5 years. We are currently enrolling clients who are pregnant or have an infant. WIC is required to see the highest priority clients first, which are pregnant women, infants and breastfeeding women. If you no show (do not come into your scheduled appointment) or cancel with less than a 2-hour notice, and your child's over the age of 1, you will be placed on the waiting list, regardless of why you missed your scheduled appointment. This could mean that you may have an interruption of WIC services for many months.

We encourage all people who are placed on the waiting list to come in and wait for a no show (someone who does not come to their scheduled ap-



pointment). If we have someone waiting in the lobby and there is a no show, we will do all that we can to get you seen that day. If you choose to come and wait for a no show, please bring the child(ren) that you want to add to the program, identification for you and your child(ren), proof of income (all money coming into the home), Medicaid card(s) of who we are adding to the program (if you have one), proof of residency, social security cards of who you want added and immunization records. We also have some appointments available in our Mountain Home clinic. Your 1<sup>st</sup> appointment would be in Mountain Home and all follow up appointments would be in Boise. If this is something that you are interested in, please let clinic staff know.

**McCall WIC Clinic**

The McCall WIC office is currently without a WIC employee. We are in the process of filling this position, but as of this printing have not done so. If McCall clients have questions, you may call the McCall office and the staff of Central District Health Department will e-mail WIC staff in Boise, who will call you back as soon as they can. Boise WIC staff will be covering the McCall WIC clinic until someone is hired and trained. If you have any questions, you may call Melissa at 327-8562 or Karen at 327-8545.

**Grief Support**

Many of us know someone who has had a child that passed away and are unsure of how to help them. There are a number of different web sites and local support groups available for help.

[www.compassionatefriends.org](http://www.compassionatefriends.org)

The mission of **The Compassionate Friends** is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive. Contact Compassionate Friends toll free at 1-877-969-0010.

[www.missfoundation.org](http://www.missfoundation.org)

**The M.I.S.S. Foundation** is an international organization providing immediate and ongoing support to grieving families, helping them to empower themselves by proactive community involvement and volunteerism, and reducing infant and toddler death through research and education.

[www.touchstonecenter.org](http://www.touchstonecenter.org)

Each year thousands of children and adolescents are faced with the death of a parent, sibling or close friend. **The Touchstone Center** was established to promote and support the special needs of these grieving children and their families. At Touchstone, we offer a place where families can join together and find guidance and support in coping with the pain and confusion of grief.

**Family / Healthy Eating****FUN FRUITS**

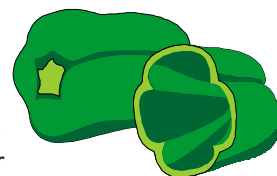
Fun fruits (also know by other names such as fruit snacks or fruit juice snack) are very popular with kids. Parents like including them in lunches or snacks because they are prepackaged and create very little mess. But do fun fruits count as a fruit group serving? The first two ingredients in fun fruit type snacks are sugar and corn syrup (which is another form of sugar). There is a small amount of fruit juice in the ingredients, but not enough to be of much nutritional value and certainly not enough to be considered a fruit group serving. **Fun fruits are more like candy than fruit.** They should be considered a dessert type of item and if offered at all, they should only be given as an occasional treat. Another problem with fun fruits is that they can damage teeth. Fun fruits are gummy and stick to teeth promoting tooth decay.

[www.smart-mouth.org](http://www.smart-mouth.org)

Children should not be left unsupervised on the Internet. Here is a fun web site to visit with your child related to healthy foods your family eats.

**WIC Recipe**

Here is a fun, healthy snack. Cut a "sail boat" shaped wedge of bell pepper and remove the inner seeds.



Fill the bell pepper wedge with a tablespoon of tuna salad. Cut a triangle shaped slice of cheese. Place the triangle cheese slice upright in the tuna salad to be the "sail" in the boat. Enjoy!

**Tuna Salad**

1 tbsp. mayonnaise (you can substitute low-fat mayo)

1 stalk celery cut in ½ length wise, then cut approx. ¼ inch pieces.

¼ of an onion, cut into small pieces

1 large pickle cut into small pieces

Mix together all ingredients.